



Calendar

George

Fri, Mar 30

Minimum Day, 12:40 PM Dismissal

Mon-Fri, Apr 2-6

NO SCHOOL - Spring Break

Mon, Apr 9

Site Council, 4 PM, Staff Lounge

Tue-Thu, Apr 10-12

Alternate Schedule (see [Calendar](#))

Thu, Apr 12

PTSA Meeting, 6:30 PM, Staff Lounge

Sat, Apr 14

Prom, 7:30 PM

Tue, Apr 17

Freshmen Parents Network, 8:30 AM, Staff Lounge

Wed, Apr 18

Junior Parents Network, 8:30 AM, Staff Lounge

Thu, Apr 19

International Buffet, lunchtime

Fri, Apr 20

Senior Parents Network, 8:15 AM, Staff Lounge



日历

星期五, 3月30日

学校早放学, 12:40 PM放学

周一至周五, 4月2-6日

春假

星期一, 4月9日

现场理事会, 下午4点, 职员休息室

星期二, 四月10 - 12日

备用时间表 (请参阅日历) [Calendar](#)

星期四, 4月12日

PTSA会议, 6:30 PM, 职员休息室

星期六, 4月14日

舞会, 7:30 PM

4月17日星期二

9年级家长联络会议 上午8:30, 员工休息室

星期三, 四月十八日

11年级家长联络会议, 上午8:30, 职员休息室

星期四, 四月十九日

国际自助餐, 午餐时间

星期五, 4月20日

12年级家长 联络会议, 上午8点15分, 职员休息室

T1 Kelly Wang

Gunn

PiE Seeking Parent Input

Please check your inbox for the Partners In Education (PiE) annual parent survey! Every spring, PiE collects input from the parent community. This information, coupled with input from each principal, determines where PiE dollars are spent in our schools the following year. Please complete the brief survey to give PiE feedback and communicate what is most important to you.

PIE组织：寻求家长意见

请检查你的邮箱是否有收到PIE【教育伙伴组织】的年度调查问卷！每年春天，PIE都会寻求社区家长的建议。这些问卷的讯息会和学区学校校长的建议一同决定下一个学年PIE资金的去向。请完成这个简短的问卷并且分享给PIE更多重要的意见和想法吧！

RT 88 Bus Schedule Adjustments for April 10-12

Tuesday, April 10

3:30 PM dismissal - School trippers will depart Vets Hospital at 3:38 PM (88M), 3:40 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 3:42 PM.

Wednesday, April 11

2:45 PM dismissal - School trippers will depart Vets Hospital at 2:53 PM (88M), 2:55 PM (88L). An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 2:57 PM.

Thursday, April 12

3:05 PM dismissal - School trippers will depart Vets Hospital at 3:13 PM (88M), 3:15 PM(88L). Regular scheduled N/B 88 will depart Vets Hospital at 3:10 PM. An additional N/B 88 trip to Middlefield/Colorado will depart Vets Hospital at 3:17 PM.

88号巴士行程调整：4月10日至4月12日

星期二，4月10日

3：30放学- 88M号线公车会在3：13，88L号线公车会在3：15从老兵医院出发。追加的N/B88号线前往Middlefield/Colorado路会在3：42从老兵医院出发。

星期三，4月11日

2：45放学- 88M号线公车会在2：53，88L号线公车会在2：55从老兵医院出发。追加的N/B88号线前往Middlefield/Colorado路会在2：57从老兵医院出发。

星期四，4月12日

3：05放学- 88M号线公车会在3：13，88L号线公车会在3：15从老兵医院出发。普通的N/B88号线会在3：10从老兵医院出发。追加的N/B88号线前往Middlefield/Colorado路会在3：17从老兵医院出发。

Join the Gunn PTSA!

Thu, Apr 12, 6:30 PM, Staff Lounge

The Gunn PTSA election for the 2018-2019 Executive Board will take place at the PTSA General Meeting on April 12, beginning at 6:30 PM in the Staff Lounge. For more information, read about [What Happens At the PTSA Election Meeting?](#)

Gunn	PTSA
4 12	6 30
Gunn	PTSA) 2018-2019
4 12	6 30 Gunn

[PTSA家长会会议到底会做些什么事?](#)

T2Jasmine

DON'T FORGET: Sign Up to Volunteer at the International Buffet

Thu, Apr 19

Need parents to sign up to help at the Annual Gunn PTSA International Buffet on Thursday, April 19, at lunchtime. Volunteer duties include food servers, cashiers, set up tables, clean up and hydration are listed on sign-up link: www.tinyurl.com/GunnInternationalBuffet2018. Menu includes international cuisines such as chow mein, chicken, pasta, hummus, quiches, pierogis, glass noodles, sushi, tacos, butter chicken, fruit bars, hot dogs and salads. PAUSD has announced that no food can be made at home and brought onto campus for this event. Due to health concerns for our students, only food produced at a professional kitchen can be served. If you prefer to donate money, please use this link for credit card or PayPal:

<http://gunn.paloaltopta.org/online-gunn-pta-donations/>. Or you can donate to the Gunn PTSA using Paypal: GunnPTSA@gmail.com. The World Languages Department and several language clubs are planning a whole week of events during Gunn's International Week festivities April 16-20. More information, please contact the Gunn PTSA: GunnPTSA@gmail.com.

别忘了:报名参加国际自助餐

4月19日星期四,

4月19日, 星期四, 午餐时间, 家长们需要报名参加一年一度的Gunn PTSA国际自助餐。志愿者的职责包括食品分发、收银员、搭桌子,清理和清水水化, 注册链接:

www.tinyurl.com/GunnInternationalBuffet2018。菜单包括国际美食, 如炒面、鸡肉、面食、鹰嘴豆泥、乳蛋饼、乌克兰饺子、面条、寿司、玉米饼、黄油鸡、水果棒、热狗和沙拉。PAUSD已经宣布, 没有任何食物可以在家里制作, 并将其带入校园。由于我们学生的健康问题, 只有在专业厨房生产的食品才能供应。如果您愿意捐款, 请使用此链接的信用卡或paypal:

<http://gunn.paloaltopta.org/online-gunn-pta-donations/>。或者你可以用Paypal给GunnPTSA捐款:
GunnPTSA@gmail.com。世界语言系和几家语言俱乐部计划在Gunn国际周的4月16日至20日举行为期一周的活动。更多信息, 请联系GunnPTSA: GunnPTSA@gmail.com。

Parent Volunteers: Your Time is Needed for the 2018 Senior Picnic and Grad Night Party

Wed, May 30, Senior Picnic Thu, May 31, Grad Night

The annual Senior Picnic and Grad Night celebrations needs your help! Sign ups are now open for Sophomore, Junior and Senior parent volunteers. Many of the tasks require only a couple hours of your time. We also need overnight chaperones to travel on the bus with our students to the venue, stay all night and return to Gunn at 5:30AM. This is a great way for all parents to get familiar with this wonderful Gunn tradition. To volunteer, please go to <http://signup.com/go/twfxgxu>. Questions? Contact gunn.seniorparty@gmail.com.

家长志愿者:2018年12级野餐和晚会需要你的时间

5月30日, 12级野餐会5月31日, 毕业晚会

一年一度的12级野餐和毕业晚会需要你的帮助!现在报名的学生有二年级、三年级和四年级的家长志愿者。很多任务只需要几个小时的时间。我们还需要一个通宵的陪护人员和我们的学生一起在公共汽车上, 通宵达旦, 在早上5点半回到Gunn。对于所有的父母来说, 这是一种很好的方式来熟悉这个美妙的传统。志愿者,请访问<http://signup.com/go/twfxgxu>。问题吗?联系gunn.seniorparty@gmail.com。

Gunn Athletics

T3Jasmine

Athlete Recognition

Last week there was an error in the Palo Alto Weekly for Honorable Mention for Athletes. Boosters would like to recognize **Grace Williams** and **Samio Uze**. And once again both these athletes were awarded Honorable Mention this week, Grace for Girls Lacrosse and Samio for Baseball. Great job! Go TITANS!

对运动员赞誉

上周，在帕洛阿尔托日报都有一个关于运动员荣誉的错误。运动员支持者们将认识Grace Williams和Samio Uze。这两名运动员本周被授予荣誉称号，Grace是女子曲棍球队队员和Samio是棒球队员。干的漂亮!加油!

FROM THE PREVIOUS ISSUE:

From the Gunn Sports Boosters

Gunn Sports Boosters is excited to announce that the Girls Softball team has new equipment and a new scoreboard, for which Boosters paid 50% of the expenses. Go TITANS!

来自Gunn的体育支持者

Gunn Sports的支持者们兴奋地宣布，女子垒球队有了新设备和新的记分板，支持者支付了50%的费用。加油!

PAUSD & PTAC

****B9K** Read the current message from our Interim Superintendent**

We will re-post Karen Hendricks' communications here each week, in case you missed it on her Friday Infinite Campus email to you. Visit <https://www.pausd.org/news> for the latest message from Karen Hendricks.

****新**阅读我们临时主管的信息**

我们会在每周的时间里重新给凯伦·亨德里克斯的通讯服务，以防你错过了她周五给你的无限校园邮件。访问<https://www.pausd.org/news>凯伦·亨德里克斯的最新消息。

PAUSD Secondary Art Exhibition

Now-Apr 13 at JLS; and Mon-Fri 8 AM-4 PM (closed Sat-Sun) at PAUSD, Main Hallway, [25 Churchill Ave. Palo Alto](#)

This exhibition features artwork by PAUSD 6-12. Visual Art students in a variety of media, including drawing, painting, photography, printmaking, Graphic Design, sculpture, ceramics, and glass.

PAUSD二次艺术展览

在JLS 现在- 4月13;周一至周五上午8点至下午4点(周六日休息), 在PASUD, 主走廊, 25丘吉尔大街, 帕洛阿尔托。

本次展览的特色是PAUSD 6-12年级。视觉艺术学生在各种媒体, 包括绘画, 绘画, 摄影, 版画, 平面设计, 雕刻, 陶瓷, 和玻璃。

T4

How Do We Know What's True Anymore?

我们是否还能知道什么是真相?

Mon, Apr 9, 7 PM, Palo Alto High School Performing Arts Center, [50 Embarcadero Rd. Palo Alto](#)

时间地点: 周一, 4月9日晚7点, Palo Alto高中表演艺术中心, [50 Embarcadero Rd. Palo Alto](#)

Democracy requires well-informed voters to thrive. Yet truth and facts are under assault from misinformation, disinformation, propaganda and fake news. Learn strategies, tips and tools to gauge the credibility of information from experts at Snopes, Data for Democracy, Google, Facebook, Stanford University, and the Institute for the Future. Event is designed for high school students, parents and all other adults, and co-sponsored by the League of Women Voters Palo Alto and the Palo Alto PTA Council. Registration (free) & information: <https://goo.gl/SHLwmm>.

民主需要有信息灵通的选民参与才能兴盛。然而，真相和事实正受到错误信息、假情报、宣传和假新闻的攻击。请大家向来自以下机构的专家们来学习一些策略、技巧和工具，用来衡量信息的可信度：Snopes、Data for Democracy、Google、Facebook、斯坦福大学以及Institute for the Future。这次活动是专为高中生、家长和其他所有成年人设计，并由女性选民帕洛阿尔托联盟（League of Women Voters Palo Alto）和帕洛阿尔托PTA理事会（Palo Alto PTA Council）共同发起。免费注册，信息请登录查阅：<https://goo.gl/SHLwmm>。

****B9K** Take It Personally: Project Cornerstone's Engaging Workshop for Parents and Caregivers**

****新内容** 亲自参与：Project Cornerstone为家长和看护者提供的吸引人的研讨会**

Wed, Apr 11, 18, 25, May 2, May 9 (5 weeks), Jordan Middle School, MP Room, [750 N California Ave, Palo Alto](#)

4 11 18 25 5 9 5 Jordan MP [750 N California Ave, Palo Alto](#)

A strong family is the best predictor of children's success. Join us to discover tools for strengthening your relationship with your children in this 5-week workshop. Each week we will discuss and practice ways to show caring, giving support, setting boundaries, and building strong relationships that help youth succeed in school and life! You do not need to be a parent from Jordan, just an adult who cares about helping kids thrive. Language Translation available upon request. Workshop paid for by PAUSD. Suggested donation for workbook & materials: \$20.00. Sign Up today:

<http://www.signupgenius.com/go/60b0945aba72d6-take>. Questions? Contact Mary Crum at Mary@projectcornerstone.org.

一个强大的家庭是你孩子成功的最佳预测指标。请参加我们的为期五周的研讨会，学习新的工具来加强与孩子的关系。每周我们都会分享、讨论和实践展示关爱、支持、设定界限和建立稳固关系的方式，帮助青少年在学校、友谊和生活中取得成功！不限于Jordan中学的家长，只要是关心孩子成长的成人都可以参加。如果需要可以申请翻译。研讨会费用由PAUSD学区支付，建议参加者捐赠\$20讲义费。今天就报名吧：<http://www.signupgenius.com/go/60b0945aba72d6-take>。有问题请联系Mary Crum Mary@projectcornerstone.org。

T5

Leadership for Violence Prevention: Activating Bystanders to Shift Social Norms

Wed, Apr 11, 7-8:30 PM, Palo Alto High School Performing Arts Center, [50 Embarcadero Rd, Palo Alto](#)

As a part of PAUSD's ongoing sexual harassment and misconduct prevention efforts, the Superintendent's RISE Task Force has created a series of events to help inform and empower parents, students, teachers and staff about these issues. In February, national expert Anea Bogue led related discussions with Gunn and Paly students and the PAUSD community. On April 11 and 12, we welcome our second speaker, internationally renowned educator, author, filmmaker and cultural theorist, Dr. Jackson Katz, who will present a multimedia program on issues of gender, race and violence. Register [here](#). Childcare will be provided. Spanish & Mandarin interpretation will be available. Flyer: [English](#) | [Spanish](#) | [Mandarin](#)

预防暴力领导：激活旁观者改变社会规范

星期三，4月11日，7-8：30 PM，帕洛阿尔托高中表演艺术中心，50 Embarcadero路，帕洛阿尔托

作为PAUSD正在进行的性骚扰和不当行为预防工作的一部分，监督人RISE特别工作组创建了一系列活动，帮助父母，学生，教师和工作人员了解这些问题。2月份，国家专家Anea Bogue带领与Gunn和Paly学生以及PAUSD社区进行了有关讨论。4月11日和12日，我们欢迎我们的第二位演讲者，即国际知名的教育家，作家，电影人和文化理论家杰克逊·卡茨博士，他将在性别，种族和暴力问题上发表多媒体节目。在这里注册。我们将提供托儿服务，并提供西班牙语和普通话翻译。传单：[英文](#) | [西班牙文](#) | [普通话](#)

Proxima Junta del Latino Parent Network, Ohlone Elementary School, co-patrocinado por PAUSD y el concilio del PTA

Martes

Abril 17, 6-7:30 PM, Ohlone Elementary School, [950 Amarillo Ave](#)

El Latino Parent Network se enfoca en incrementar el número de estudiantes hispanos que están completamente preparados para entrar a la universidad o carrera a la hora en la que se graduen. Conozca al coordinador de equidad del distrito, Keith Wheeler, quien aboga por aumentar el acceso y el éxito de nuestros niños. La presentación y la discusión se llevarán a cabo en español con traducción en inglés disponible. Cuidado de niños y pizza.

Latino Parent Network Meeting at Ohlone Elementary School, co-sponsored by PAUSD and PTA Council

Tue, Apr 17, 6-7:30 PM, Ohlone Elementary School, [950 Amarillo Ave](#)

The Latino Parent Network aims to increase success for Hispanic students and ensure that 100% are college and career ready by the time they graduate. Meet the district's Equity Coordinator, Keith Wheeler, who is advocating to increase access and success for our children. The presentation and discussion will be conducted in Spanish with English-translation available. Childcare and dinner provided.

星期二，4月17日，6-7：30 PM，Ohlone小学，950阿马里洛大道

拉丁裔家长网络旨在为西班牙裔学生增加成功，并确保他们毕业时100%是大学和职业准备。与该区的平等协调员Keith Wheeler会面，他们正在倡导为我们的孩子增加访问和成功。演讲和讨论将以西班牙语进行，并提供英文翻译。提供儿童看护和晚餐。

T6Jasmine

Bus Driver Appreciation Breakfast

Thank You messages due: Sun, Apr 22

Donations due: Thu, Apr 26

Each year, the Palo Alto CAC honors the bus drivers who play a vital role in transporting students to and from school. The event will be on April 26th, 2018 at 8:00 AM, when we will serve breakfast to the bus drivers at their office. If you want to show your support for the dedication and kindness demonstrated daily by your child's bus driver, please send a thank-you note with your message to CacBusDriverAppreciation@gmail.com. If you would like to donate a breakfast item or gift card/money, please let us know as well. Please send your messages by Sunday, April 22nd. Sponsored by <http://cacpaloalto.org>.

巴士司机感谢早餐

谢谢你发来的信息 截止日:周日, 4月22日。

捐赠:Thu, 四月26。

每年, 帕洛阿尔托的CAC都表彰那些在接送学生上下学方面发挥重要作用的公交车司机。该活动将于2018年4月26日上午8点举行, 届时我们将在其办公室为巴士司机提供早餐。如果你想表达你对孩子公共汽车司机每天所表现出来的奉献精神的支持, 请发送一封感谢信, 并将你的信息发送到 cacbusdriveration@gmail.com。如果您愿意捐赠一份早餐物品或礼品卡/钱, 请告诉我们。请在4月22日(星期日)前发送你的信息。由<http://cacpaloalto.org>赞助发起

****B9K** Sun Safety and Skin Health: Parent Talk by PAMF Dermatologist Dr. Amy Adams**

Tue, Apr 24, 6:30 PM, Fairmeadow Elementary School, MP Room, [500 E. Meadow Dr. Palo Alto](http://www.paloalto.org/500-E-Meadow-Dr)

Join PAMF Dermatologist and parent Dr. Amy Adams for a brief informative talk on sun safety. With warm sunny days just around the corner, kids will be spending more time outside. This means more exposure to the sun's harmful ultraviolet (UV) rays, which increase the risk of skin cancer. It's time to get prepared! Amy's talk will cover: why kids' skin needs protection from the sun, why sun protection isn't only for people with pale skin, how to get adequate vitamin D, how to choose a sunscreen for your family, how to recognize skin cancer. Parents and caregivers, children and staff are all welcome. Please RSVP [here](#). For any questions, please contact Belinda Ryan at belinda.ryan@gmail.com.

****新**太阳安全与皮肤健康:PAMF皮肤科医生艾米·亚当斯博士的父母谈话**

周二,4月 24, 下午6:30, Fairmeadow 小学, MP 房间, 500 E. Meadow路, Palo Alto。

加入PAMF皮肤科医生和家长艾米·亚当斯博士, 就太阳安全问题进行简短的信息交流。随着阳光明媚的日子即将到来, 孩子们将会花更多的时间在户外。这意味着更多的暴露在太阳紫外线下, 会增加皮肤癌的风险。是时候准备了!Amy的谈话将会涉及到:为什么孩子的皮肤需要防晒, 为什么防晒不只是对皮肤苍白的人, 如何获得足够的维生素D, 如何为家人选择防晒霜, 如何识别皮肤癌。家长和照顾者、儿童

和工作人员都受欢迎。请在这里发请帖。如有任何问题，请在belinda.ryan@gmail.com与Belinda Ryan联系。

T7Jasmine

****B9K** 2018-19 PTA Council Executive Board**

<http://ptac.paloaltopta.org/>

Congratulations to the recently elected 2018-19 PTA Council (PTAC) Board. We have an amazing group of talented volunteers. PTAC is the umbrella organization of the 17 unit PTAs of the Palo Alto Unified School District and works to improve the education, health and welfare of all children and youth.

Board Position	Name
President	Jade Chao
EVP	Christina Schmidt
Historian	Lilli Nova-Roessig
Secretary	Heather Sahami
Treasurer	Meilani Hendrawidjaja
Treasurer	Shweta Choudhry
VP Advocacy	Sara Armstrong
VP Communications	Greta Olbrich
VP Communications	Gabrielle Conway
VP Community Outreach	Michelle Higgins
VP Education	Beth May & Sara Woodham
VP Health & Wellness	Dave Shen
VP Health & Wellness	Sumita Vasudeva
VP Parent Education	Charu Gupta
Auditor	Appointed
Parliamentarian	Appointed

Immediate Past
President

Audrey Gold

****新** 2018-19 PTA理事会执行局**

<http://ptac.paloaltopta.org/>

祝贺最近当选的2015 -19 PTA理事会(PTAC)理事会。我们有一群很棒的志愿者。PTAC是帕洛阿尔托联合学区17个单元PTAs的伞形组织，致力于改善所有儿童和青少年的教育、健康和福利。

董事会的位置	名字
总统	Jade Chao
执行副总裁	Christina Schmidt
历史学家	Lilli Nova-Roessig
秘书	Heather Sahami
财务主管	Meilani Hendrawidjaja
财务主管	Shweta Choudhry
宣传副总裁	Sara Armstrong
沟通副总裁	Greta Olbrich
沟通 副总裁	Gabrielle Conway
社区拓展副总裁	Michelle Higgins
教育副会长	Beth May 和 Sara Woodham
健康和身心健康副总裁	Dave Shen
健康和身心健康副总裁	Sumita Vasudeva
家长教育副总裁	Charu Gupta
审计师	任命
国会议员	任命
前任会长	Audrey Gold

Summer Camps Held at PAUSD Sites

Looking for a summer camp in your neighborhood or at one of our Palo Alto Unified school sites? Now you can find it at the PTAC website at <https://ptac.paloaltopta.org/2018-summer-camps/>. Camp providers listed on this page host activities/summer camps at PAUSD Schools, and pay rental fees to our district. These rental fees help to defray the cost of running our schools while providing local opportunities for our kids. PTA Council does not endorse one camp over another. This service is offered to give parents an easy way to find out what is being offered and where. Please contact the [PTAC Webmaster](#) to recommend updates to this information. There is no charge to providers to be listed.

夏令营在PAUSD网站举行

在你的社区或我们的帕洛阿尔托统一的学校里找一个夏令营?现在你可以找到它在PTAC网站

<https://ptac.paloaltopta.org/2018-summer-camps/>。在此网页上列出的营办商在PAUSD学校举办活动/夏令营,并向我们的地区支付租金。这些租赁费用有助于支付我们学校的运营费用,同时为我们的孩子提供当地的机会。PTA理事会并不会厚此薄彼。这项服务提供给父母一种简单的方法来了解他们提供什么和在哪里。建议更新信息请与PTAC网站管理员联系。对于列出的提供者不收取费用。

Pow

****B9K** One on One Aides Needed at School Sites**

Mon-Fri, 4-6.5 hrs hours per day at a number of our schools

The PAUSD Special Ed Department has a critical need for Student Attendants (one on one aides) to provide classroom support to students with learning and behavioral needs for the remainder of this school year. If you have some extra time, and would be interested in working in the schools, apply online at www.pausd.org/explore/pausd/human-resources/jobs. You may also call Anne Le, PAUSD Classified HR, (650) 329-3957, for more information.

##新#学校需要一对一助手

星期一到星期五, 在不同学校, 每天4-6.5小时

PAUSD特殊教育部门紧急需要学生服务员(一对一助理)在接下来的学年,为有学习和行为需求的学生提供课堂支持。如果你有剩余时间,还想在学校工作,在网上申请www.pausd.org/explore/pausd/human-resources/jobs。如需更多信息你可以联系Anne Le, PAUSD Classified HR, (650) 329-3957.



Community

Parent Chat

Tue, Apr 10, 7-8:30 PM, Los Altos Library, [13 S. San Antonio Rd. Los Altos](#)

Are you concerned about the emotional well being of your child? Come to Parent Chat, peer to peer support for parents of teens. Hosted by the Mental Health Subcommittee of SELPA 1 CAC.

社区

家长交谈

星期二, 4/10, 7-8:30 PM, Los Altos Library, [13 S. San Antonio Rd. Los Altos](#)

你关心孩子们的感情吗? 来Parent Chat, 对青少年父母的同伴支持。由Mental Health Subcommittee of SELPA 1 CAC. 组织的。

Teen Wellness Group with Danielle Seybold, Associate MFT

Saturdays, Apr 14-May 12, 3-5 PM, [4966 El Camino Real, Ste #115. Los Altos](#)

Teens will have the opportunity to explore a fulfilling mixture of mindfulness, community, and expressive arts activities. Activities include gentle movement warm-ups, sensory-awareness mindfulness practices, creative arts and a dialogue about common sources of stress to help normalize the challenges teens face. Teens will also learn practical, simple and straightforward techniques to increase resilience during challenging times. http://mindbodymoms.com/event/teen_wellness_spring_2018/

与Danielle Seybold, Associate MFT青少年健康组

每个星期六, 4/11-5/12, 3-5 PM, [4966 El Camino Real, Ste #115. Los Altos](#)

青少年会有机会探索正念, 社区和表达艺术活动的完美结合。活动包括运动热身, 感官意识练习, 创意艺术以及关于常见压力源的对话来帮助适应青少年面对挑战。青少年还会学习实用, 简单和直接了当的技术来提高对挑战后的恢复能力。

T9

Let's Talk

Mon, Apr 16, 7-9 PM, Los Altos Library, [13 S. San Antonio Rd. Los Altos](#)

A chance to ask questions and share ideas, resources, and support with other parents of students with IEPs, 504s, learning differences, mental health challenges, etc. All are welcome, participants must respect confidentiality. Organized by SELPA 1 CAC <http://www.selpa1cac.org/>.

Wildflower Yoga Women's Circle at Blossom

Tue, Apr 17, 7:45-9:15 PM, Blossom Birth, [505 Barron Ave. Palo Alto](#)

This 6 week series invites women of all ages to treat yourself to a unique offering of vitalizing yoga, inspiring meditation, self-love journaling followed by a sharing circle nourishing your soul and body with laughter, tea and divine treats. By making the time to nourish yourself and cultivate your own wellbeing, you will plant joyful seeds of more self-care and regain more energy and inspiration to nourish your loved ones. Register now for this 6 week series as space is limited!

<https://www.blossombirth.org/wildflower-yoga-womens-circle.html>

聊一聊

周一，四月16日，下午7点-9点，Los Altos图书馆，[13 S. San Antonio Rd, Los Altos](#)

这是个可以提问并提出想法的机会，资源和支持是由IEPs，504s以及家长提供，学习不同点，精神健康挑战等。欢迎所有人参加，参与者必须尊重保密性。由SELPA 1 CAC <http://www.selpa1cac.org/> 组织。

周二，四月17日，下午7：45-9：15，Blossom Birth, [505 Barron Ave. Palo Alto](#)

这次6周系列欢迎所有年龄的女性来对待自己，以独特的活力瑜伽，鼓舞人心的冥想，自我爱情日志，然后是分享圈，用笑声，茶和神圣滋味滋养你的灵魂和身体。通过腾出来的时间来养育自己，培养自己的幸福，你将种植更多自我保护的快乐种子，并获得更多的灵感和能量来滋养你的亲人。现在注册这个6周系列，因为空间有限！

<https://www.blossombirth.org/wildflower-yoga-womens-circle.html>

T10

Taking Care of You: Mindfulness and Parenting with Challenges

Wed, Apr 18, 7-9 PM, Santa Rita Elementary School, [700 Los Altos Rd, Los Altos](#)

With Dr. Linda Lotspeich, Child Psychiatrist and Clinical Professor. Parenting a child with disabilities can lead to difficult emotions and stress. The practice of mindfulness, including meditation, can reduce stress, improve self-esteem and allow you to better manage these emotions. Learn to move from coping to living a more meaningful life in the present moment, while still planning for the future. Organized by SELPA 1 CAC <http://www.selpa1cac.org/>.

Spring Women's Wellness Group with Jalene Salus

Fridays, Apr 20-Jun 15, 9:15-11:15 AM, Blossom Birth, [505 Barron Ave. Palo Alto](#)

In this nourishing group, Jalene Salus will share the wisdom of Integrative Nutrition as she introduces sweet and simple ways to nourish your mind, body and spirit. Enjoy a little taste of organic, local,

seasonal winter bites while you discuss foods to support your unique body -- and your family's health -- this winter. Jalene will show you how aligning your self care with the rhythm of the season can guide you on your path of women's wellness as she engages you in fulfilling dialogue with other thoughtful, wise women. Registration is required as space is limited! <http://mindbodymoms.com/wellness-groups/>

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4 18 7-9 Santa Rita 700 Los Altos Rd Los Altos

Linda Lotspeich

SELPA 1 CAC <http://www.selpa1cac.org/>

Jalene Salus

4 20 - 6 15 9 15-11 15 AM Blossom Birth Palo Alto 505 Barron Ave

Jalene Salus

Jalene

<http://mindbodymoms.com/wellness-groups/>

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Palo Alto Speech and Debate Camp

June 4-8 and June 11-15

For the past 14 years, students have left Palo Alto Speech and Debate Camp with improved public speaking, research skills, critical thinking abilities, and self-confidence. Taught by Paly's nationally ranked speech and debate team, the camp offers an unmatched 4:1 student-to-counselor ratio that provides students with individualized support. Whether a student is a first-time camper with a fear of public speaking or a seasoned competitor, PASDC offers customized curriculum for students of all experience levels with our basic and advanced tracts. Register or learn more at pasdc.com.

FROM THE PREVIOUS ISSUE:

Teenpower Safety and Self Defense Workshop

Sun, Apr 15, 1-6 PM, [3900 Ventura Court, Palo Alto](#)

Designed for teens ages 13-17, this workshop gives teens focused practice in using boundary-setting, conflict resolution, self-protection, and self-defense skill. Includes physical skills with a padded instructor. \$140 per teen. Pre-registration required. For more information, contact safety@kidpower.org or call (800) 467-6997. www.kidpower.org

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safety@kidpower.org

800 467-6997

www.kidpower.org

T12

Help Students Who Need You Most: Learn about All Students Matter

Wed, Apr 25, in Atherton, or Thu, Apr 26 in Palo Alto, 10 AM

Come learn about volunteering next school year, once a week in a K-5th grade classroom in East Palo Alto and eastern Menlo Park where students face many challenges and are eager for your support to build academic and social/emotional skills. Hear about the impact you can have at the home of a current volunteer. Contact Jeanette Kennedy at jkc_kennedy@yahoo.com to receive details. Learn more about us at www.allstudentsmatter.org.

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jkc_kennedy jkc_kennedy@yahoo.com
www.allstudentsmatter.org.

Host Families Wanted for 2018-19 Foreign Exchange Students

Is your student interested in studying abroad? Is your family interested in hosting a foreign exchange student? AFS is the largest student exchange organization in the US, with about 1,000 US high school students currently studying abroad, and 2,200 foreign exchange students studying in the US this year (30 in the Bay Area). Currently AFS has 1 student at Paly, and typically hosts 1 or 2 students at Gunn. Study abroad is a great way for your student to learn a culture, language, and to mature. Hosting a student builds bonds that can last a lifetime, and is a great way to broaden your student's horizons. Learn more at www.afsusa.org.

2018-19

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www.afsusa.org

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对于较早的社区公告，请参阅 [Recent Issues of the Gunn Connection](#).